



Serving Centre County residents with food needs.

# Food Pantries of Centre County



Newsletter—Fall 2015  
Holiday Edition

## Celebration Dip

### Ingredients:

18 ounces sour cream  
2 cups mayonnaise  
2 tablespoons lemon juice  
2 tablespoons thinly sliced green onion  
2 tablespoons parsley  
1 1/2 tsp paprika  
1 1/2 tsp onion powder  
1 1/8 tsp Worcestershire sauce  
1/2 tsp granulated garlic  
1/2 tsp celery salt  
1/2 tsp minced dill  
1/2 tsp curry powder

### Directions:

1. Stir sour cream and mayo together in a large bowl. Add lemon juice, onion, parsley, paprika, onion powder, Worcestershire sauce, granulated garlic, celery salt, dill and curry powder. Mix.
2. Cover and refrigerate at least 2 hours.

## Eat too much? 6 Ways to Bounce Back!

These six steps assist our bodies in getting back on track quickly, so we can eat the foods we love without the guilt:

### 1. Hydrate as much as possible.

Holiday meals can be heavy on flavor and high in salt, causing us to feel bloated the next day. Remembering to hydrate all day long helps to flush the body of excess sodium. Try placing a glass of water beside your bed at night, as a reminder to hydrate first thing in the morning. If you don't like the taste of water, you can add seasonal spices like cinnamon sticks, star anise and clove, to add flavor and a little holiday flair.

### 2. Balance sugar cravings by eating sweet vegetables.

Delicious, starchy, refined carbs are often highlights of any holiday feast, but the more we eat them, the more we crave them. By incorporating more sweet vegetables, like roasted carrots, sweet potatoes, onions, beets and winter squash to our meals, we provide our bodies with additional fiber to help ease digestion and curb sugar and carb cravings

after indulging.

### 3. Start with high-quality protein.

Beginning with breakfast, choose protein-rich meals to strengthen, sustain and balance your body throughout the day. Try a quinoa porridge with fresh, seasonal fruit, a couple of eggs, or even some leftover turkey to fire up your metabolism, keep you energized, and leave you less susceptible to overindulging.

### 4. Eat leafy greens.

Leafy greens help strengthen the immune and respiratory systems, and, according to Chinese medicine, provide us with an uplifting energy to help create positive moods. Kale, collards, spinach, lettuce and bok choy help us withstand holiday indulging by providing added fiber to move digestion, and loads of nutrients to balance any poor food choices we make. To incorporate leafy greens, try a morning green smoothie, or make a kale salad or big pot of collard greens to bring to your holiday gathering.

### 5. Move!

After a giant meal, we're more likely to curl up in front of the TV for a nap

than exercise. After a few days of heavy eating and being sedentary, our bodies respond with a desire for more naps and more food — it's almost as if we build a tolerance for it.

By choosing to incorporate some type of movement each day, we not only help our bodies use the additional calories we've taken in, we keep our metabolism running so we don't pack on extra weight. Add a morning walk the day of a big meal; try some light stretching each night before bed; grab your houseguests for an afternoon jog — whatever your preferred type of activity is, don't skip it during the holidays.

### 6. Shift your mindset.

If you choose to indulge, be OK with it. Many of us, eat something "unhealthy" or "fattening" and feel guilt or shame about it long after that particular food is gone. The residue of negativity lasts far longer than the food stays in your system, so be gentle with yourself. Trust that your body will recover. Allow yourself the opportunity to truly enjoy these foods and let them go. You'll bounce back much more quickly if you choose to savor your choice without regret.

# 2015 Food Pantries Toys for Tots Distribution Dates

Holiday food and/or toys will be distributed through the Food Pantries according to the following distribution schedules:

## **Penns Valley Community Action Food Pantry**

**337 East Aaron Square, Aaronsburg, PA**

Distribution Day: Tuesday, December 15 10:00 a.m.—2:00 p.m.

## **Bellefonte FaithCentre Food Pantry**

**131 South Allegheny Street, Bellefonte, PA**

Distribution Days: December 16, 17 and 18

Wednesday, December 16, A—L (last names) 10 a.m.—2 p.m.

Thursday, December 17, M—Z (last names) 1 p.m.—5 p.m.

Friday, December 18, 9 a.m.—12 noon



## **Snow Shoe / Mountaintop Food Pantry**

**Snow Shoe United Methodist Church, 501 South Moshannon Avenue, Snow Shoe, PA**

Distribution Day: Thursday, December 17, 4:00 p.m.—6:00 p.m.

## **Centre Hall / Potter Township Food Pantry**

**Grace United Methodist Church, 127 South Pennsylvania Avenue, Centre Hall, PA**

Distribution Day (toys only): Friday, December 18, 2:00 p.m.—4:00 p.m.

## **Philipsburg Community Action Food Pantry**

**14 South Front Street, Philipsburg, PA**

Distribution Day: Friday, December 18, 9:00 a.m.—4:00 p.m. (or by appointment)

## **Food Bank of the State College Area, Inc.**

**Distribution at Mountain View Country Club, 110 Elks Club Road, Boalsburg, PA (formerly the Elks Country Club)**

Distribution Day: Saturday, December 19, 8:00 a.m.—12:00 noon

## **Howard Area Food Pantry**

**Vesper Street, Beech Creek, PA**

Distribution Day: Monday, December 21, 2:00 p.m.—4 p.m.

## **2015 INCOME ELIGIBILITY GUIDELINES**

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$17,655	\$1,471	\$339
2	\$23,895	\$1,991	\$459
3	\$30,135	\$2,511	\$579
4	\$36,375	\$3,031	\$699

**For each additional person, add \$4,160 to Annual Income**